

Wellness Programs

Fall 2021

You can take steps to improve your own health. This fall we are offering a wide range of wellness and prevention programs that promote healthy aging. Please join us and take steps towards healthier aging today!

Walk With Ease

August 31-October 7 | Tuesdays, Wednesdays, Thursdays | 10:30-11:30am
Wilson Park Senior Center | To register call: 282-5566

Powerful Tools For Caregivers

September 7-October 12 | Tuesdays | 11:30am-1:30pm
Clinton Rose Senior Center | To register call: 479-8800 ext.1947

Healthy Living With Chronic Pain

September 13-October 18 | Mondays | 9:00-11:30am
Washington Park Senior Center | To register call: 933-2332

Stepping On

October 6-November 17 | Wednesdays | 10:00am-12:00pm
Aurora St. Luke's South Shore | To register call: 489-4072

Physical Activity for Lifelong Success (PALS)

October 11-December 17 | Mondays 10:00-11:00am | Wednesdays/Fridays 10:00-11:45am
Wilson Park Senior Center | To register call: 282-5566

Powerful Tools For Caregivers

October 13-November 17 | Wednesdays | 11:30am-1:30pm
Washington Park Senior Center | To register call: 479-8800 ext.1947

Mind Over Matter

October 21-November 18 | Thursdays | 9:00-11:00am
Clinton Rose Senior Center | To register call: 263-2255

For more information or to learn of other upcoming workshops:

county.milwaukee.gov/aging#wellness

